

Vintage Tea Morning

Clonmel Daffodil Day Group will host a Vintage Tea Morning to raise funds for various cancer initiatives.



www.cancer.ie

10.30am - 12.30pm | Fri 9th | €5
Hidden Café, Place4U, Morton St. Clonmel

Bunny Hop Music and Movement



Stimulating fun with movement to songs with or without the musical instruments provided. This helps children's language skills in many ways - improving their co-ordination and interaction with other children/parents/carer.

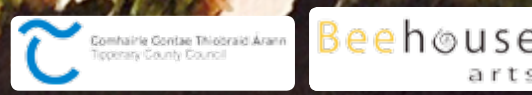
Reduced rate for prebooked places €5
Call Nicola 087 6742401 www.bunnyhop.ie
Cahir Day Care Centre 10 -11am Thurs 1st
Larkspur Park, Cashel 10.30-11.30 Fri 2nd
Community Hall Fethard 10 -11am Mon 5th
Clonmel Dance Centre 10 - 11am Tues 6th
Cahir Day Care Centre 10 -11am Thurs 8th

Planting and Sowing Together SuirCan Community Forum

SuirCan Community Forum are planning an informal planting and seed sowing ceremony to begin their community garden consultation initiative which will span over the coming year. Community gardening is a way of involving people in a common goal while at the same time being sociable and physically active. You are invited to plant a tree and bring your own saved seeds, hardy plants and shrubs to share and sow. Butterfly, bee and bird-friendly plants and seeds are particularly welcome in order to promote biodiversity.



3.30pm | Sat 10th | FREE
Denis Burke Park (near scouts enclosure)



Céilí - Music by Danny Webster



Céilí organised by South Tipperary Consumer Panel for Mental Health Services Get your dancing shoes on and join in. Refreshments & Raffle.

Enquiries call Rita on 087 095 5099

9pm | Fri 9th | €10 tickets at door
Hillview Sports Centre, Clonmel

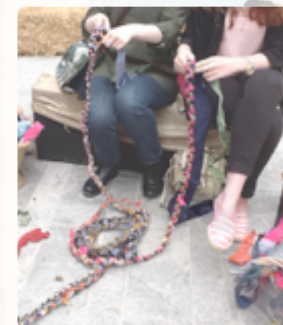
Bright Side of the Arches

South Tipperary Mental Health Consumer Panel hosts this feel good event under the Arches, Main



Guard to celebrate **World Mental Health Day** Sat 10th Oct. The event includes a selection of live music, face painting and free refreshments. A unique handmade **Gratitude Tree** is waiting for you cover it with notes about things that you are grateful for. Also look out for the **Silent Screaming Head** to swallow your notes about things you feel mad about!

Artist Theresia Guschlbauer together with Clonmel's girl guides will host a public braiding project, **Braiding For Mental Health**. Using a basic braiding technique as a meditative and reflective tool, the public will be invited to think of one practical step towards a more resilient and balanced mental health and make a long community braid to symbolise a more positive and inclusive society.



Facebook: Big Bad Braid

1 - 4pm | Sat 10th | FREE
Main Guard, Clonmel

What is the South Tipperary Mental Health Consumer Panel?

This is a place where people who have availed of the Mental Health service and their families and friends can have a say and influence future developments of the Mental Health Service in our area. Service users, their friends and family are invited to attend our monthly meetings on the third Wednesday of the month at 6.15pm in the Community Mental Health Centre, Western Road, Clonmel.



Enquiries: call Rita PRO on 087 095 5099

Schedule

Thurs 1st - Sat 10th	Library hours	Emoticon Art Competition Display	Clonmel Library	FREE
Thur 1st	4.30pm	Emoticon Prize-giving ceremony	Clonmel Library	FREE
Thurs 1st - Fri 9th	10 - 11am	Bunny Hop, Music and Movement	see brochure for details	€5 pre-book
Fri 2nd	8pm	Opening: <i>Ealaíne Gach Duine III</i> Guest: Bairbre O'Toole, Fair City	The Narrow Space Gallery, Clonmel	FREE
Sat 10th	10am	<i>Power and Privilege - The Butlers of Ormond</i> Lecture by David Edwards	Tipperary County Museum, Clonmel	€5 on the door
Sat 3rd - Sat 10th (closed Sun + Mon)	10.30am - 2.30pm 3.15 - 5.30pm	<i>Ealaíne Gach Duine III</i> Art Exhibition	The Narrow Space Gallery, Clonmel	FREE
Sat 3rd	2pm	U14 Girls Football blitz	Clonmel Óg Hurling and Football Club	FREE
Thurs 1st - Sat 10th (Closed Sun)	Daily	Various activities and supports incl. Yoga, Pilates + Circle Dancing	Nano Nagle Community Resource Centre, Carrick on Suir	Enq. (051) 642418
Thurs 1st - Sat 10th	Daily	Various activities and supports	Knockanrawley Resource Centre, Tipperary Town	Enq. (062) 52688
tdc		<i>Tree & Spring Bulb Planting</i> Environment Department Clonmel Borough District	Richard Mulcahy Town Park, Clonmel	FREE
Tues 6th	2.30 - 3.30pm	<i>Promoting Good Memory</i> A Dementia Awareness + Information event	Place4U, Clonmel	FREE
Tues 6th	Afternoon	Yoga	Morton Street Day Centre, Clonmel	Closed event
Thurs 8th	12 - 2pm	Pop-up Cafe by the STMHS, Rehab & Recovery Team	Outside Supervalu, Market Place, Clonmel	FREE
Thurs 1st - Sat 10th	Daily	<i>Positive Mental Health Q&A</i> sessions with South Tipperary Mental Health Service	Various Clonmel Secondary Schools	Closed events
Wed 7th & Thurs 8th	8pm	<i>The Dark Room</i> A play written/directed by Catherine McVicker (Suitable for 16+)	The White Memorial Theatre, Clonmel	€10 Premier Music / at door
Wed 7th	10.30am - 12 noon	Poet John Fitzgerald - <i>Word Craft</i> A writing workshop	National Learning Network, Clonmel (STAC outreach)	FREE
Tues 6th Thurs 8th	During clinic times	<i>Talking Wall</i> A display of images, mottos, ideas + Mindfulness sayings	Substance Misuse Service, South Tipperary General Hospital, Clonmel	Closed events
Wed 7th	2 - 4pm	Mike Watts: <i>A Participatory Storytelling Workshop</i> (Suitable for 16+)	Place4U, Clonmel	FREE - Booking essential
Thurs 8th	2 - 3pm	<i>An Introduction to Mindfulness</i> with Deirdre Brady	Place4U, Clonmel	FREE
Fri 9th	10am - 3pm	A Coffee Afternoon with 2 Guest Speakers	Cuan Croi Mental Health Day Centre, Tipperary Town	Donations welcome
Thurs 8th & Fri 9th	11am - 3pm	Nest Space: Conversations + Art	27 Mitchell St., Clonmel	FREE
Fri 9th	10.30am - 12.30pm	Coffee Morning All Welcome	Clonmel Community Resource Centre	Donations welcome
Fri 9th	10.30am - 12.30pm	<i>Clonmel Daffodil Day</i> Fundraising Coffee Morning	Place4U Café, Clonmel	€5
Fri 9th	9pm	Céilí with Danny Webster	Hillview Sports Centre, Clonmel	€10 at door
Sat 10th	1 - 4pm	<i>Bright Side of the Arches</i> Music, Food, Art, Face Painting	Under the Arches, Main Guard, Clonmel	FREE
Sat 10th	3.30pm	<i>Planting and Sowing Together</i>	Dennis Burke Park, Clonmel (near the scouts' enclosure)	FREE

Detail of background painting courtesy of artists in *Ealaíne Gach Duine III*

SOUTH TIPPERARY POSITIVE MENTAL HEALTH FESTIVAL

1st - 10th October

THEATRE

ART EXHIBITIONS

LIVE MUSIC

COMMUNITY EVENTS

TALKS/WORKSHOPS

CÉILÍ



Facebook: South Tipperary Positive Mental Health Festival

Tipperary Community Games Art Competition



Create your own Emoticon; any emotion, any colour using A4 size paper. Open to all school children in South Tipperary. Entries can be submitted in the entry box in Clonmel Library. All entries should include, the Name of the school you are attending, your age + a contact phone No. Closing date 18th Sept.

Facebook: Co Tipperary Community Games + South Tipperary Positive Mental Health Festival
www.tipperarylibraries.ie

Prize-giving ceremony @ 4.30pm,
Thurs 1st, Clonmel Library

Emoticon Exhibition | Thurs 1st-Sat
10th | FREE | Clonmel Library

Power and Privilege – The Butlers of Ormond



Introductory lecture by David Edwards, UCC, on Power and Privilege – The Butlers of Ormond. This lecture is part of a series based on the Butlers of Ormond will commence in October 2015. A monthly talk, it will focus on different aspects of the life of the family and the times they lived in. Sign up for the full series or just attend specific lectures.

For further information please contact Julia on
julia.walsh@tipperarycoco.ie
www.tipperarycoco.ie

10am | Sat 3rd | €5
Tipperary County Museum,
Mick Delahunty Square, Clonmel

U14 Girls Football Blitz

Clonmel Óg Hurling and Football Club present an U14 Girls Football blitz to highlight the importance of keeping fit and positive mental health. Light Refreshments afterwards.

Facebook: Clonmel Og Hurling & Football Club

2pm | Sat 3rd | FREE
Clonmel Og GAA Club, Ned
Hall Park, Frank Drohan Road
(Bypass), Clonmel

Ealaíne Gach Duine III



Now in it's third festival year the Art exhibition *Ealaíne Gach Duine III* is run in conjunction with South Tipperary Mental Health Services & Mia Carney and features works by the artists of Western Studios, Morton Street Day Centre and Haywood Lodge.

**Opening by Bairbre O'Toole, Fair City,
Fri 2nd, 8pm**

www.thenarrow.spacegallery.com
Facebook: The Narrow Space

10.30am - 2.30pm 3.15 - 5.30pm |
3 - 10th (closed Mon & Sun) | FREE
The Narrow Space Gallery,
14 Mitchell St., Clonmel

Cuan Croi - 2 Guest Speakers + Coffee Afternoon

Cuan Croi welcomes all to
this mental health festival.



10 - 11am | *My Stroke Recovery Story*
by Martin Quinn
11 - 12pm | *Depression*
by Lazarus Gidolf
12 - 3pm | Coffee Afternoon
+ other guest speakers (tbc) | FREE
Cuan Croi Mental Health Day Centre,
Station Road, Tipperary Town

Tree & Spring Bulb Planting

The Environmental Department of Clonmel Borough District play a vital role in keeping our parks and public areas looking beautiful. During the Festival they are replacing a broken tree in the Richard Mulcahy Town Park and encircling it with spring bulbs as a symbol of hope.



time tbc | FREE
Richard Mulcahy Town Park, Clonmel

Yoga

Morton Street Day Centre is a HSE Day Centre for people with mental health issues.



afternoon | Tues 6th | Closed Event
Morton Street Day Centre, Clonmel

Promoting Good Memory

You are invited to an information and awareness event, which will explore what you can do every day to promote good memory. Organised by the 5 Steps to Living Well with Dementia, South Tipperary.



Contact Peggy/Ann on 087 0550050 or www.
southtipperarydementia.ie

2.30 - 3.30pm | Tues 6th | FREE
Place4U Café, Morton St. Clonmel

Q&A sessions - HSE

HSE staff will present information and Q&A sessions for Clonmel Secondary Schools on Positive Mental Health and tips for students on how to cope with the many stresses and pressures that young people have to contend with in the present day.



Closed Event

Clonmel Folk Club Launch + Burns Sisters & Band

After the launch we welcome all the way from USA, Burns Sisters & band.



Tickets: Premier Music store + Clonmel
Tourist Office. Doors open 7pm

Launch 7.30 | Band 8pm | Tues 6th | €15
Upstairs in The Main Guard, Clonmel

John Fitzgerald: Word Craft Workshop

The South Tipperary Arts Centre presents A Poetry Workshop facilitated by John Fitzgerald Poet in conjunction with the National Learning Network as part STAC's outreach programme. This free event has a max of 25 people.



052 6127877, www.southtippartscentre.ie
Facebook.com/SouthTipperaryArtsCentre

10.30am-12pm | Wed 7th | FREE
National Learning Network,
Western Rd, Clonmel

Mike Watts: A Participatory Storytelling Workshop

Mike has a PhD in Recovery from Trinity College Dublin and is a Recovery Consultant. Please bring a notepad and pen.
**Max 15 participants.
Booking essential.**



Please call 087 914 9494 to secure a place

Facebook: Beehouse Arts www.beehousearts.ie
Facebook: Place4U, 087 440 7935

2 - 4pm | Wed 7th | FREE
Place4U, 25 Gladstone St, Clonmel

The Dark Room

Chakra Productions in association with S.T.A.N (South Tipperary Action Network) present a premier staging of *The Dark Room*.



A tender exploration of a family's journey through life's ups and downs, embracing the power of thought both light and dark. Written and Directed by Catherine McVicker. Suitable for 16+.

Tickets available from:
Premier Music 052 612 9811 or at the door
Enq: 085 289 8077 or Rita 087 095 5099

8pm | Wed 7th + Thurs 8th | €10
The White Memorial Theatre,
Wolfe Tone Street, Clonmel

Knockanrawley Resource Centre (KRC) - Services And Community Supports

Knockanrawley Resource Centre in Tipperary Town offers information on positive mental health for all and group activities. Annually in KRC, Mental Health calendar dates such as World Mental Health Day are marked throughout the Men's Shed and women's groups by awareness raising and information sharing. Building mental resilience is embedded in a lot of the activities these groups take part in.



For more information please contact:
062 52688 www.knockanrawley.ie
Facebook: Knockanrawley Resource Centre

Nano Nagle Community Resource Centre - Yoga, Pilates, Circle Line Dancing

This Resource Centre offers a number of classes during the festival. They have a regular Carers' Support Group. Cuan Saor, Rape Crisis Service, Counselling, Mental Health Outreach Clinic, Addiction Counselling take place by appointment.



Please contact:
051 642418 for details of workshops/services
Facebook: Nano Nagle Community Resource Centre
www.carrickcommunityrc.com

Nano Nagle Community Resource
Centre, Clancy House, Greenside,
Carrick on Suir

Art Hive + Cluain Training & Enterprise Centre - Nest Space: Conversations + Art



Nest Space is a pop-up event mixing conversation and art; promoting awareness and providing information on mental health in a creative social and enjoyable environment. Art Hive members will exhibit work and curate *Heads Up*, a shop front exhibition of Sculptural Ceramic Heads by the Arts and Crafts Trainees in Cluain. Cluain Training Centre will host a number of activities, demonstrating the training offered at their centre. Over the two days you can Plant a Seed of Hope, indulge yourself in the Pamper Area, throw a pot on the Potters wheel and more.

Catherine Starling: Talking Heads

Draw or paste together a head (it can be your own) then write down what he/she might say about what he/she might be feeling or going through. Use 2 or more heads & turn it into a conversation! All are invited to participate in this multi-media portraiture and writing project.



Thurs + Fri 11 - 3

Dennis Ryan: Pinch Pots

Explore the therapeutic aspects of moulding clay.

Thurs 11 - 1

Violetta Pserackaite: Out and In[Side]

Make Shoe Box Constructions using everyday objects.

Fri 1 - 3

Mary Walsh (GROW) Talk: Your Mental Health and Minding it

Thurs 11 - 11.45am

Rita Townsend (AWARE) Talk: How to break the habit of negative thinking

12 - 12.45pm

Short talk about WRAP (Wellness Recovery Action Plan)

The aim of WRAP is to provide a simple and systematic approach to assist people to recover and maintain wellness.

1.30 - 2pm

Adrian Johnson (HSE) Informal talk on a mental health theme

2.15 - 2.45pm

www.arthivegroup.blogspot.ie

Facebook: Nest Space (Community)

www.cluaintraining.ie

27 Mitchel Street [old Nest shop], Clonmel



Pop-up Café

A Pop-up Café will be held with refreshments and information on mental health awareness hosted by South Tipperary Mental Health Services, Rehab and Recovery Team.

12 - 2pm | Thurs 8th | FREE
Outside Supervalu, Market Place, Clonmel

Deirdre Brady: An Introduction to Mindfulness

Deirdre Brady is a Reiki and workshop facilitator. Mindfulness is a state of active, open attention on the present. It means living in the moment and awakening to experience.

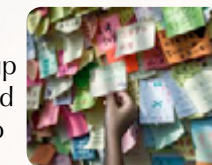


Supported by Tipperary Education and Training Board.

2 - 3pm | Thurs 8th | | FREE
Place4U, 25 Gladstone St, Clonmel

Talking Wall

Space for clients to put up images, mottos, ideas and sayings. Space for staff to include information.



Please feel free to call us on 0526177900

During Methadone Clinic times |
Tues 6th + Thurs 8th | Closed Event
Substance Misuse Service, Grounds
of South Tipperary General Hospital

Clonmel Community Resource Centre Coffee Morning

CRC will be celebrating the Festival with a pop-up café and a WRAP facilitator will be in attendance for informal chats about WRAP.



The WRAP programme is a simple and systematic approach to assist people to recover and maintain wellness, to help gain more control over our lives and the way we feel. It is designed to help us identify what works and what doesn't work for us and how we can get better at staying well.

www.clonmelcrc.ie

10.30am - 12.30pm | Fri 9th | FREE
Clonmel Community Resource
Centre, Kickham St. Clonmel

Journeys Walk

Staff and service users from the HSE Western Studio, Clonmel are organising a special "Celebrate our Journeys Walk" to highlight how everyone's journey begins with one step and to celebrate our individual journeys together in a group walk.



afternoon | Thurs 8th | Closed event